**First aid**

### Finding a person

#### Principles
- **Keep calm** and quiet
- **Secure the accident scene**
- **Remember** your own safety

#### Emergency call
- **Where did it happen?**
- **What happened?**
- **How many casualties?**
- **What kind of injuries?**
- **Wait for queries!**

### Steps
1. **Unconscious**
   - **Check consciousness**
     - address loudly, touch and gently shake the person
   - **Check respiration**
     - clear respiratory tract, tilt the head back, lift the chin, look, listen and feel for movement and breath sounds
   - **Emergency call**
     - have someone fetch the AED*

2. **Conscious**
   - **Help appropriately**
     - e.g. treat the wounds
   - **Recovery position**

3. **Normal breathing**
   - **Emergency call**
     - continuously check consciousness and respiration

4. **No normal breathing**
   - **Emergency call**
     - 30 chest compressions in turns with rate 100 – 120 per minute
   - **2 rescue breaths**
     - blow steadily into the mouth or the nose for about 1 sec

#### Learn to help – become a first aider
- **Rescue coordination center**
- **First aider**
- **Inhouse paramedics**
- **First aid material at**
- **First aid room**
- **First aid physicians**
- **Authorized medical consultant**
- **Nearest hospitals**

*If available, follow the directions of the „Automated External Defibrillator“ (AED)

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